

## **October 2021 – A light at the end of tunnel**

Whilst there were still no 'live' athletic events in the greater Sydney area during October due to the pandemic, the overall situation had started to improve with the lockdown finally ending and conditions for athletic pursuits changing. Little A's competition had resumed across Sydney and Girraween Athletics Club held the first All Comers meet of the season on the last Saturday of the month. Girraween athletes participated in a variety of virtual events in October.

Carly Eager participated in the Royal Windsor Trail Half Marathon in London, UK at the start of the month. Carly had mentioned in the August newsletter that this was on the agenda and Carly ran a fine time. Carly was the only Girraween athlete that had the opportunity to run in a 'live' event in October on the same day that the London Marathon was held. London was a busy place this Sunday. Congratulations to Carly on her achievement.

During the first two weeks of October, Stephen Mifsud went on a tear when it came to marathons, completing three virtual marathons in a fourteen-day timeframe over three weekends. Steve completed the London, Boston and Sydney virtual marathons, all without leaving Sydney over three successive weekends. This was a remarkable effort by Steve, Anybody, who has participated in a virtual event knows how difficult it is to be running their chosen distance by themselves, to do this over the marathon distance and on three weekends in a row takes one's breath away. Congratulations Steve on this achievement. To top it all off, Steve also participated in the Run Australia Half Marathon towards the end of October and posted an excellent sub two-hour time.

A small number of Girraween athletes participated in the Blackmores Virtual 10km Bridge Run in October, with both Greg Sargeant and Andrew Free posting excellent times for this event, with Greg slipping under the hour mark. Michael Christie also participated. Andrew also posted an excellent time for the Blackmores Virtual 3.5km Family Bridge Run earlier in the month. The Blackmores Virtual Running Festival was well supported by athletes far and wide, and it is to be hoped by all concerned that it returns in a 'live' format in 2022.

The Sun Herald City 2 Surf was held as a virtual event for the second year running towards the end of October. On this occasion, participants had a week to post their time, unlike 2020 where you only had the one day to do this. A small number of Girraween athletes participated this year. Congratulations to Thomas List, Rob Eager and Terry Rose on their endeavours and thank you to them for forwarding their results on for inclusion in the newsletter.

With parkrun not resuming, there were Girraween athletes who posted times through October in the (not) parkrun version of the event. Andrew Free, Terry Rose and Michael Christie posted times through October with Terry Rose posting a new pb early in the month for one of his run's. Excellent work Terry. It was nice to see these athletes continuing to support this concept. It is to be hoped that the 'live' version of parkrun recommences in the not to distance future.

The future is looking a little brighter for athletics with NSW scheduling numerous events over coming months and naturally it is to be hoped there will be no further interruptions to this program. Elsewhere, athletics has resumed at both the senior and junior level locally, and events are starting to be scheduled in November and December outside the NSW framework. The West Met Track Challenge Series which has run through September and October is due to conclude early November and this has served a purpose well filling a gap. It was well supported at different stages by the West Met clubs. All in all, therefore, things are looking up for athletics. We all hope that the 2021/2022 summer season suffers no interruptions. We wish everyone the best with their health and well-being and we look forward to catching up over the upcoming summer season when possible. Results follow:

### **3-10-21 Royal Windsor Trail Run UK**

#### **Half Marathon**

63rd Carly Eager 2:08:47

### **3-10-21 Virgin Money London Marathon (Virtual)**

Stephen Mifsud 5:23:37

### **4-10-21- 10-10-21 (not) parkruns representing Parramatta parkrun 5km**

Wed Michael Christie 33:18

Sat Terry Rose 30:25 (new pb)

### **4-10-21 – 10-10-21 (not) parkruns representing Newy parkrun 5km**

Sat Andrew Free 28:24

### **6-10-21 Blackmores Virtual Sydney Running Festival**

#### **Blackmores Virtual 3.5km Family Fun Run**

36th Andrew Free 28:24

### **8-10-21 – 12-10-21 Boston Marathon (Virtual)**

Stephen Mifsud 5:23:05

### **11-10-21 – 17-10-21 (not) parkruns representing Parramatta parkrun 5km**

Tue Michael Christie 33:58

### **11-10-21 – 17-10-21 (not) parkruns representing Newy parkrun 5km**

Wed Andrew Free 28:31

### **13-10-21 Blackmores Virtual Sydney Running Festival**

#### **Blackmores Virtual 10km Bridge Run**

453rd Andrew Free 1:01:04

### **16-10-21 Blackmores Virtual Sydney Running Festival**

#### **Blackmores Virtual Sydney Marathon**

401st Stephen Mifsud 5:21:09

### **17-10-21 Blackmores Virtual Sydney Running Festival**

#### **Blackmores Virtual 10km Bridge Run**

286th Greg Sargeant 56:36

680th Michael Christie 1:08:48

### **18-10-21 – 24-10-21 (not) parkruns representing Parramatta parkrun 5km**

Tue Michael Christie 34:49

Sat Terry Rose 34:00

**18-10-21 – 24-10-21 (not) parkruns representing Newy parkrun 5km**

Tue Andrew Free 29:13

**17-10-21 – 24-10-21 Sun-Herald City 2 Surf (Virtual)**

1406th Thomas List 1:23:42

1467th Rob Eager 1:24:28

3311th Terry Rose 1:52:49

**24-10-21 Run Australia Half Marathon (Virtual)**

Stephen Mifsud 1:59:05

**25-10-21 – 31-10-21 (not) parkruns representing Parramatta parkrun 5km**

Tue Michael Christie 34:22

**25-10-21 – 31-10-21 (not) parkruns representing Newy parkrun 5km**

Wed Andrew Free 28:22

Michael Christie (GAP)